



**WHAT CAN MOVING
YOUR BODY ON A
REGULAR BASIS DO
FOR YOU?**



ACTIVITY ALERT!

*Do you
have health
problems?
Are you a man
over age 40
or a woman
over age 50?
If so, check in
with your doctor
before you begin
a brand-new
physical activity
program.*

Being active boosts your energy level and helps you to sleep better. It also helps prevent health problems such as heart disease, high blood pressure, diabetes, osteoporosis, and some cancers. Start slowly, 30 minutes a day of moderate activity. You can split the 30 minutes into three 10 minute time frames.

START SLOW AND SET A GOAL



Keys to success:

- 1) Park in the furthest parking spot, not the closest, and walk.
- 2) Clean your house for some exercise.



- 3) Get off the elevator a few floors early. Take the stairs the rest of the way.

- 4) Plant a garden. You will have nutritious veggies too!
- 5) Take a quick paced 10 minute walk after breakfast, lunch, and dinner.
- 6) Learn a new dance; the swing, the salsa, or the waltz.
- 7) Attach a basket to your bike and ride to the grocery.



- 8) Get up to change the channel on the TV instead of using the remote.
- 9) Use weights while watching TV or talking on the phone.
- 10) Visit the YMCA or other health club and do a new activity such as yoga, swimming, or low impact aerobics.



RECIPE STATION

Easy Beef Stew

- 1 can beef stew
- 1 can (15.5 oz) tomatoes, drained
- 1 can (15.5 oz) corn, drained
- 1 can (15.5 oz) green beans, drained



In a 2 quart pot; cut tomatoes into small chunks and mix with beef stew, corn, and green beans. Add a half can of water and bring to a boil. Turn down heat and simmer 5 minutes.

Serve with crackers. Serves 6

Nutrition Information for each serving:

Calories	187	Kcal	Cholesterol	6.6	mg	Sugar	4.6	g	Calcium	59	mg
Calories from fat	30	Kcal	Sodium	891	mg	Protein	10	g	Iron	2.6	mg
Total fat	3.3	g	Total Carbohydrate	31	g	Vitamin A	337	RE			
Saturated fat	1.3	g	Dietary Fiber	3.3	g	Vitamin C	20	mg			

CORNBREAD

- 1 cup baking mix (see recipe*)
- 1 cup cornmeal
- 2 tbs sugar
- 1 cup water
- 2 tbs vegetable oil or canned applesauce
- 1 egg



Preheat oven to 400°F.

Spray a 9 x 9 inch pan with nonstick cooking spray.

Combine baking mix, cornmeal, and sugar in a large bowl.

Add water, oil, and egg; stir until just blended. Do not over stir.

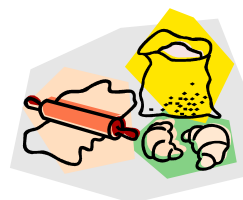
Pour into pan. Bake 20 minutes at 400°F. Cut 3 x 3 = 9 servings

Nutrition Information for each serving:

Calories	150	Kcal	Cholesterol	20	mg	Sugar	4	g	Calcium	20	mg
Calories from fat	35	Kcal	Sodium	80	mg	Protein	4	g	Iron	2	mg
Total fat	4	g	Total Carbohydrate	24	g	Vitamin A	25	RE			
Saturated fat	0.5	g	Dietary Fiber	2	g	Vitamin C	0	mg			

*BAKING MIX

- 2 cups all-purpose flour
- 2 cups whole wheat flour
- 2/3 cup instant nonfat dry milk
- 2 tbs baking powder
- ½ tsp salt



Mix all ingredients together. Makes 4 ½ cups

Keep in airtight container at room temperature.

Stir mix before using. More recipes will be out soon!

Nutrition per cup: Calories 422, Carbohydrates 88 g, Protein 16.6 g, Fat 1.6 g, Cholesterol 1.8 mg, Sodium 967 mg, Fiber 8 g